

# Promoting and implementing self-care: A mixed methods study of offshore workers and remote healthcare practitioners

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# The offshore workforce

Who?

Demographics

Where?

Remoteness  
Accessibility

Why?

Health screening  
Concerns

# Project outline



## Phase 1

**Cross-sectional survey of offshore workers**

*To determine engagement in self care within the offshore workforce*



## Phase 2

**Qualitative interviews with offshore workers**

*To identify barriers of and facilitators to engaging in self care within the offshore workforce*



## Phase 3

**Qualitative interviews with remote healthcare practitioners**

*To identify barriers of and facilitators to engaging in self care within the offshore workforce*

# Phase 1 methods

Recruitment  
Development

## Cross-sectional survey of offshore workers (n=352)

Weber's Self Care Framework  
& pre-existing literature

Alcohol  
Diet  
Drug use  
Mindfulness  
Medication adherence  
Mental wellbeing  
Physical activity  
Quality of life  
Sleep quality  
Smoking

# Phase 1 results

## Self-care

**Alcohol**  
**Diet**  
**Drug use**  
**Mindfulness**  
**Physical activity**  
**Sleep quality**  
**Smoking**

53% hazardous/harmful  
45% non-adherent to 5-a-day guidelines  
5% recreational drug use  
50% below median  
29% non-adherent to MVPA guidelines  
67% poor sleep quality  
20% smokers

## Health status

**BMI**  
**Medication adherence**  
**Mental wellbeing**  
**Quality of life**

>75% overweight/obese  
51% low adherence  
WEMWBS 52.0 (IQR 9.0)  
PCS 56.1 (IQR 4.9) and MCS 54.7 (IQR 8.1)

# Phase 2 methods

Telephone interviews

Recruitment

Development

Analysis

## Qualitative interviews with offshore workers (n=16)

Theoretical Domains  
Framework (Cane et al  
2012)

Knowledge  
Skills  
Optimism  
Goals  
Memory, attention and decision processes  
Environmental context and resources  
Intentions  
Emotion  
Beliefs about consequences  
Beliefs about capabilities  
Behavioural regulation  
Social influences  
Social/professional role and identity  
Reinforcement

# Phase 2 results



# Phase 2 results



## Healthy eating

Knowledge *e.g. nutritional knowledge*  
Beliefs about consequences *e.g. associated outcomes*  
Reinforcement *e.g. positive reward*  
Intentions *e.g. stability of intentions*  
Goals *e.g. goal setting*  
Memory, attention and decision processes *e.g. willpower*  
Environmental context and resources *e.g. food offshore*  
Social influences *e.g. influence of others*  
Emotion *e.g. emotional states*  
Behavioural regulation *e.g. habits*



## Physical activity

Beliefs about capabilities *e.g. confidence*  
Beliefs about consequences *e.g. associated outcomes*  
Intentions *e.g. stability of intentions*  
Goals *e.g. goal setting*  
Memory, attention and decision processes *e.g. inattention*  
Environmental context and resources *e.g. resources*  
Social influences *e.g. influence of others*  
Emotion *e.g. emotional states*  
Behavioural regulation *e.g. habits*



# Phase 3 methods

Telephone interviews

Recruitment

Development

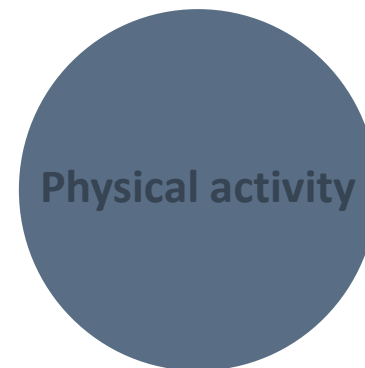
Analysis

## Qualitative interviews with offshore workers (n=12)

Theoretical Domains  
Framework (Cane et al  
2012)

- Knowledge
- Skills
- Optimism
- Goals
- Memory, attention and decision processes
- Environmental context and resources
- Intentions
- Emotion
- Beliefs about consequences
- Beliefs about capabilities
- Behavioural regulation
- Social influences
- Social/professional role and identity
- Reinforcement

# Phase 3 results



# Phase 3 results



## Healthy eating

Knowledge *e.g. nutritional knowledge*  
Optimism *e.g. optimism about unhealthy eating*  
Intentions *e.g. motivation*  
Memory, attention and decision processes *e.g. boredom*  
Environmental context and resources *e.g. environmental stressors*  
Social influences *e.g. influence of others*  
Emotion *e.g. emotional states*  
Behavioural regulation *e.g. willpower*



## Alcohol

Environmental context and resources *e.g. restriction-release*  
Social influences *e.g. influence of others*  
Emotion *e.g. emotional states*

# Triangulation

## Healthy eating

**Phase 1:** 45% non-adherent to f & v guidelines

### Phase 2/3 determinants:

Knowledge  
Beliefs about consequences  
Reinforcement  
Intentions  
Goals  
Memory, attention and decision processes  
Environmental context and resources  
Social influences  
Emotion  
Behavioural regulation

## Physical activity

**Phase 1:** 29% non-adherent to MVPA guidelines

### Phase 2/3 determinants:

Beliefs about capabilities  
Beliefs about consequences  
Intentions  
Goals  
Memory, attention and decision processes  
Environmental context and resources  
Social influences  
Emotion  
Behavioural regulation

## Alcohol

**Phase 1:** 53% hazardous/harmful

### Phase 2/3 determinants:

Environmental context and resources  
Social influences  
Emotion

# Conclusions

The findings suggest that offshore workers may benefit from the implementation of a self-care intervention which targets **healthy eating**, physical activity and **alcohol intake**. The intervention may be tailored in accordance with the TDF domains identified in this research as determinants of healthy eating, physical activity and alcohol use behaviours.

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